

Darwin Smoothie



The 'Stress' Buster

Start your day out with one of these creamy, nutrient rich orange smoothies and fill up your body with loads of vitamins and minerals, like Vitamins B & C, Fibre, Calcium, Potassium and Beta- Carotene.

It is important to drink a healthy fruit juice as ensures your body is getting a variety of micronutrients that your body may normally not be getting.

Ingredients

- 2 ripe bananas peeled and cut into pieces.
- 1 cup of orange juice
- 1 orange peeled and cut up into chunks
- $\frac{3}{4}$ cup of almond milk or low fat milk
- 1 teaspoon of vanilla extract
- 1 carrot peeled and cut into small chunks
- 2 ice cubes.



1. Boosts Nutrient Intake

Smoothies made primarily from fresh or frozen produce may increase your consumption of fruits and vegetables, which provide a diverse array of essential vitamins, minerals, fibre, and antioxidants.

2. Promotes Fibre intake

Fibre can help reduce inflammation, promote healthy immune function, and support mental health.

3. Boosts Energy

fruits high in fibre and antioxidants, such as bananas, are the perfect option for providing a lasting energy source.